

SEMAINE QUÉBÉCOISE DES PERSONNES HANDICAPÉES **LITTLE THINGS TO MAKE GREAT STRIDES TOWARD A MORE INCLUSIVE SOCIETY**

Baie-Comeau, May 28th, 2019 – The Semaine québécoise des personnes handicapées (Québec Week of the Disabled) will be held from June 1st to 7th, under the theme “Together, let's build a more inclusive society”. This topic aims to invite the whole population to take action in order to reduce the obstacles encountered by people with disabilities.

In Québec, over one in ten person has a significant disability making them likely to encounter obstacles in the carrying out of their everyday activities. These disabilities come in different forms. In fact, we often think about those in a wheelchair to illustrate people with disabilities, but we sometimes forget that there are disabilities related to hearing, vision, memory, agility, speech, etc. People with an intellectual disability and those with an autism spectrum disorder are also people with disabilities.

In many situations, these people could accomplish the same activity as a person without a disability, as long as the obstacles to their social participation have been eliminated.

“On the occasion of the Semaine québécoise des personnes handicapées, let's remember that people with disabilities are unique persons, like you and me. Let's adopt a more open, understanding and respectful attitude toward them and their family” says Nadine Lachance, Director of intellectual disability, autism spectrum disorder and physical disability programs.

The CISSS in action to ease the integration of people with disabilities

The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord established an action plan regarding people with disabilities in order to reduce obstacles to their integration to build a more inclusive society.

In its 2018-2020 action plan, the CISSS identifies actions to carry out within four axes of intervention:

- Employability of people with disabilities;
- Information, awareness, access to the Web and to documents;
- Accessible supplying;
- Access to the facilities of the establishment.

Work is underway in order to enhance the accessibility. The Policy on the integration to employment of people with disabilities within the CISSS de la Côte-Nord has been adopted. Means are being evaluated in order to find the best ways to identify the employees with a disability. This will allow providing them with adaptation measures to ease the carrying out of their tasks if necessary, for example, the layout of the workstation, the flexibility of the work schedule, etc. An access plan is currently being developed in order to ensure all facilities of the CISSS are accessible to people with disabilities and to make the required modifications where appropriate.

For more details on the Access plan for people with disabilities, on the access to services and documents as well as on Web accessibility, visit: <http://www.cissss-cotenord.gouv.qc.ca/accueil/accessibilite/>.

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In your own way, you can also make a difference! You can consult a list of simple gestures on the [website of the Office des personnes handicapées du Québec](#) for inspiration. You will also find ideas to mark the week, a video, as well as a quiz.

Together, let's build a more inclusive society!

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